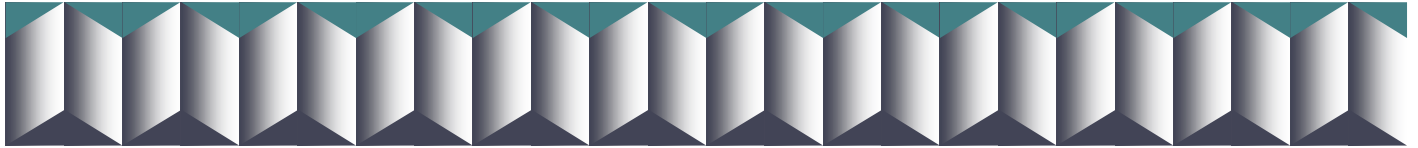


Clark County ADRC Newsletter

July / August
2020



Farmers Market Vouchers

Please call our office for information on how to receive farmer's market vouchers.

715-743-5166

End of Summer Checklist

- Blow bubbles
- Play hopscotch, or one of your favorite childhood games
- Catch fireflies at night
- Pick berries
- Roast marshmallows over a fire and make s'mores
- Make lemonade from scratch
- Eat corn on the cob
- Sip a sweating glass of iced tea
- Eat a slice of watermelon
- Buy fresh produce at the farmers' market
- Eat a soft-serve vanilla ice cream cone

- Have a barbecue
- Nap in a hammock
- Have a picnic
- Sit on a porch swing
- Stargaze
- Watch the sun set
- Dangle your feet off a dock
- Pick wildflowers
- Go fishing
- Walk barefoot in the grass
- Get caught in a summer rainstorm
- Sleep with the windows open
 - Smell freshly-cut grass
- Feel the sun on your back
- Roll up your pant legs and go wading

Lines from Lynne

The scattering of vegetable stands, signs that read “eggs for sale” and the beautiful hillsides dotted with an abundance of dairy and beef cattle can be found throughout our beautiful county. How fortunate we are to live in a place where we do not have to rely solely on a brick and mortar supply chain to nourish our souls. Here in our towns live those remarkable people who plant it, grow it, raise it, milk it, process it and harvest it.

Through continued support of our hard working farm neighbors gifts of farm to table feast. It is comforting to know that our “grocery store”, is made up from our community network of agriculture experts. So please take a moment and think about that positive impact and how important it is to thank our Farmers...

This heartwarming reflection reminds me of a quote from Award Winning Chef Bryant Terry “What makes the farmers market such a special place is that you’re actually creating community around food”.

This summer, all of us at the ADRC have been excited to get the **Senior Farmers Market Vouchers** out to our 60+ seniors and encouraging everyone, during these unprecedented times, to take full advantage of what is accessible in our backyard. So spread the word... If you know a senior that has not yet reached out to receive their vouchers or may need some support to spend their vouchers please let us know.

We are here to serve you by providing vouchers to recipes and nutritional education – Eat local – Eat healthy.

Lynne

Vision News

Blue Light – its both good and bad for your eyes



Dr. Cord Linville

Blue Light is actually everywhere. In its natural form, your body uses blue light from the sun to regulate your natural sleep and wake cycles. Blue light also helps boost alertness, heighten reaction times, elevate moods, and increase the feeling of well-being.

However, electronic devices such as cell phones, laptop computers, tablets as well as energy-efficient fluorescent bulbs and LED lights are all sources of artificial blue light, increasing our exposure.

How does Blue Light affect your eyes?

A Harvard medical study states that "High Energy Visible blue light has been identified for years as the most dangerous light for the retina, resulting in long range growth in the number of macular degenerations, glaucomas, and retinal degenerative diseases". The American Macular Degeneration Foundation reports that "blue rays seem to accelerate age-related macular degeneration more than any other rays in the spectrum".



OK, now that I know about Blue Light what can I do to protect my eyes?



We are in a digital age, meaning exposure to cellphones, computers, tablets and LED lighting, has become our lifestyle, no matter what generation you fall into. Ask your eye care provider about special protective lenses designed with a blue light filter coating for use indoors, in low light or at night. You can actually see the protection at work as blue light is being reflected off the lens, while allowing the good portion of blue light to pass through. Enjoy the digital age, knowing you are protecting your vision.

Dr. Cord Linville is an Optometrist at HealthView Eye Care Center-Medford and Colby you can contact him at 715.748.2020 or 715.223.4003. Blue light information courtesy bluelightexposed.com.

CLARK COUNTY COVID-19



ADRC Department Safety Updates

At this time, we will be taking all of the necessary precautions to ensure ADRC clients are able to access on-site services in the safest way possible. We encourage accessing services by appointment-only; this will help avoid several people from congregating in a shared space, which increases the risk of the virus transmission.

Our office is set up differently to protect both staff and community members.

To make an appointment, please call
715-743-5166



We appreciate your cooperation!



"The Aging and Disability Resource Center of Clark County provides a single source for information and assistance for older adults, adults with disabilities, and their caregivers while supporting self-sufficiency, quality of life, and dignity."

Watch Out for COVID-19 Contact Tracing Scams

By the GWAAR Legal Services Team

Public health workers use contact tracing to track the spread of an infectious disease. Workers interview people who have the disease and ask them for the names and phone numbers of everyone they have been in contact with during the time they were contagious. Then, they alert anyone who may have been exposed. The names of people who test positive are kept confidential. The workers will ask about symptoms, offer testing, and discuss steps like quarantine and treatment. These workers usually work for a state or county department of public health. Health departments have used contact tracing for decades to stop the spread of infectious disease.

The Wisconsin Department of Health Services (DHS) says that contact tracers will always identify themselves as representatives of state or local public health departments. They will reach out to you by phone, text, or email, depending on the contact information they have for you. If they contact you, they will verify that they are speaking to the correct person before they even begin to talk about contact tracing. Once they confirm that they are speaking with the right person, they will explain why they are contacting you. They will tell you that you have been exposed, but they will not identify the person you were in contact with or where you might have been exposed.

Contact tracers will ask you for:

- Your name,
- Your address,
- Your phone number,
- Your email address,
- Your occupation and work status,
- Your gender,
- Your race and ethnicity, and
- Whether you have any symptoms.

Then, the contact tracer will explain quarantine recommendations and sign you up for self-monitoring. Contact tracers will not ask you for information like your Social Security, bank account, or credit card number. In addition, they will never send you a text message or email with a link to click. You can always verify the identity of contact tracing staff by calling your local health department and asking to be connected directly to the contact tracer.

All contact tracers have received training in the Health Insurance Portability and Accountability Act (HIPAA), which protects patient privacy, and the Wisconsin Electronic Disease Surveillance System (WEDSS). WEDSS is the secure system that handles the reporting, investigation, and monitoring of the information contact tracers receive.

Unfortunately, scammers are pretending to be contact tracers and taking advantage of this process. Some scammers use robocalls that try to get you to speak to someone posing as a contact tracer who wants to verify your personal information. Other scammers send text messages that ask you to click a link.

If you receive a robocall, hang up immediately without responding. Do not press any buttons even if they prompt you to “Press 1 to be removed from our list.” By speaking or pressing a button the scammer knows this line has someone on the other end and may increase the calls.

If you receive a message via text, email, or through social media from someone claiming to be a contact tracer, don’t click the link. This is a “phishing” scam. Clicking on the link will download software onto your device that may give scammers access to your personal and financial information. Ignore and delete these scam messages.

If you have been contacted by someone you think was not a legitimate contact tracer, please alert the Department of Agriculture, Trade and Consumer Protection: DATCPHotline@Wisconsin.gov or (800) 422-7128. You can also contact the National Center for Disaster Fraud (NCDF) Hotline at 1-866-720-5721. Alternatively, you can fill out the NCDF web complaint form here: <https://www.justice.gov/disaster-fraud/webform/ncdf-disaster-complaint-form>. □



Check us out on our new Facebook page for updates, tips and more information provided especially for you.

**Aging & Disability Resource Center
of Clark County**

Program

By the GWAAR Legal Services Team

The Emergency Food Assistance Program (TEFAP) provides food for home preparation at food pantries and meal sites.

Enrollment at a participating pantry is confidential and requires only proof of address and identification. Individuals participating in the FoodShare, School Nutrition, WIC, and Senior Meals programs may participate in TEFAP without impacting their ability to qualify for those programs.

Each Wisconsin county has at least one TEFAP food pantry. Households should call 2-1-1, the statewide helpline, to get the address, service hours, and phone number of the nearest food pantry that participates in the TEFAP program.

Wisconsin's pantry volunteers are providing "no contact" food distribution during the COVID-19 pandemic by enrolling households and distributing groceries outdoors to minimize health risks. In many locations, TEFAP applicants and participants remain in their cars for service.

Previously TEFAP's qualifying income threshold was 185% FPL, or \$23,606 for a household of one. Starting June 1, 2020, **households with incomes below 300% of the federal poverty level (FPL) are now eligible** to receive a monthly share of locally grown, Grade-A foods that include meat, vegetables, fruit, juice, and more from a TEFAP food pantry. **For a household of one, that income threshold is \$38,280.** The larger the household, the higher the income threshold. Households affected by job losses may be eligible if their income drops below specific levels in any given week.

The new policy went into effect on June 1, 2020 statewide.

For more information, visit

<https://www.dhs.wisconsin.gov/nutrition/tefap/index.htm>

<https://www.dhs.wisconsin.gov/news/releases/060820.htm> □

ADAPTIVE EQUIPMENT

The ADRC office has several pieces of DME equipment available in our Loan Closet call for further details **715-743-5166**

We are also accepting donations of unused/unopened incontinence garments and gently used adaptive equipment.

Sun Protection Tips for Older Adults

By the GWAAR Legal Services Team

A popular myth is that sun damage that leads to skin cancer occurs during childhood. However, according to the Skin Cancer Foundation, over half of skin cancer related deaths are people over the age of 65. Because the risk of developing skin cancer rises each year and sun damage can happen quickly, everyone needs to use sunscreen. But according to the Centers for Disease Control and Prevention (CDC), fewer than half of older adults adequately protect their skin from the sun.

Not any old sunscreen will do. Choose a sunscreen with an SPF 30 or higher and one that protects from UVA and UVB rays (broad-spectrum). A sunscreen's SPF (sun protection factor) determines how well it can absorb and reflect the sun's rays. A sunscreen that is labeled SPF 30 absorbs 97% of the sun's burning rays. It's also important to know that wearing sunscreen with a higher SPF does not mean you can stay outdoors longer without applying more. You'll still need to reapply it to protect your skin especially if you are swimming or sweating heavily. Broad-spectrum sunscreen is important because UVA rays penetrate the lower levels of the skin. They account for 95% of rays. UVB rays make up a smaller percentage of UV rays, but they cause most sunburns and sun damage.

Additionally, research shows there is very little difference in effectiveness between sunscreen sticks, sprays, gels, and creams. Buying several formats can make it easier to protect small or hard-to-reach body parts, such as the back of the ears. Sunscreen sticks are good for ears and noses and are also easy to take with you on bike rides and walks. Sprays and creams can cover larger surface areas more efficiently, such as the back, arms, and legs. Gels tend to adhere better on areas with hair, like the hairline and scalp.

For more information visit: <https://www.skincancer.org/blog/photoaging-what-you-need-to-know/> and <https://www.cdc.gov/cancer/dcpc/research/articles/older-adults-protect-skin-sun.htm> □

How Long Should I Keep This?

One challenge of caring for a loved one can be organizing their important documents. Keeping paperwork in order may seem overwhelming, especially if a system for sorting and organizing has not yet been put in place. But however unpleasant this job might seem it is a good idea to go through old records and determine whether it is time to fire up the shredder or hold on to the records a bit longer. Keeping this paperwork organized will make life easier moving forward.

Below are general recommendations on how long certain documents should be stored.

Keep for **Less** than 1 Year

- ATM, bank-deposit, and credit-card receipts until you reconcile them with your monthly statements. Once you've done that, shred the paper documents (to avoid ID theft) or securely trash electronic files unless you need them to support your tax return.
- Insurance policies and investment statements until new ones arrive.
- Pay stubs to verify W-2 at the end of the year.

Keep for **More** than 1 Year

- Loan documents (until the loan is paid off).
- Vehicle titles until you sell the vehicles.
- Investment purchase confirmations in stocks, bonds, mutual funds or anything else. Keep until you sell the investment so you can establish your cost basis and holding period. If that information appears on your annual statements, you can keep those instead.

Keep for **7** Years

- Supporting tax documents (W-2, charitable donations receipts, etc.)

Keep Forever

- Essential records such as birth and death certificates, marriage licenses, divorce decrees, Social Security cards, and military discharge papers.
- Defined-benefit plan documents, estate-planning documents, life-insurance policies, and an inventory of your bank safe-deposit box.
- Annual tax returns.

If you have any questions about organizing paperwork or other caregiving issues, please contact <Your Contact Info Here>.

by the GWAAR Legal Services Team

Sources: <http://www.consumerreports.org/taxes/how-long-to-keep-tax-documents/>

**Are you interested in learning about any
of the following programs?**

FoodShare

A federal nutrition program that helps stretch food budgets. Benefits can be used to purchase food at grocery stores, convenience stores, and some farmers' markets and co-op food programs.

Medicaid

A joint federal and state program that provides high-quality healthcare coverage, long term care and other services. There are several programs available, each with different eligibility rules.

**Medicare
Savings Programs**

Programs designed to help individuals with Medicare who have limited income and assets pay some or all Medicare premiums, deductibles & copays.

**LIS (Low Income
Subsidy)**

A program designed to help individuals with Medicare who have limited income and assets pay their Part D premiums, deductibles and copays.

SeniorCare

A prescription drug assistance program for Wisconsin residents age 65 or older. An individual's annual income determines their level of coverage.

**WHEAP
Wisconsin Home
Energy Assistance
Program**

Provides assistance for heating costs, electric costs, and energy crisis situations. Operating with federal and state funding, the program helps lower the burden incurred with monthly energy costs.

**Please call 715-743-5146 to see if you are eligible or to
request additional information.**



"The Aging and Disability Resource Center of Clark County provides a single source for information and assistance for older adults, adults with disabilities, and their caregivers while supporting self-sufficiency, quality of life and dignity."

The Aging Mastery® Starter Kit Has Arrived!

We are proud to partner with the National Council on Aging (NCOA) to offer you the **Aging Mastery® Starter Kit**.

The Starter Kit will inspire you to take steps toward positive aging across six dimensions and help you build your own playbook for aging well. Each dimension has specific guideposts, or actions, that you are encouraged to incorporate your daily life.



The Starter Kit contains:

Aging Mastery Playbook



Activity Cards

Exercise DVDs



Notepad

Magnet



We hope that you take the opportunity to explore the Starter Kit. It will empower you to embrace your gift of longevity by spending more time each day doing things that are good for yourselves and for others.

Interested? Come ask us how you can get a Starter Kit of your own:

Taylor Meyer

Nutrition and Prevention Coordinator

517 Court Street, Room 201
Neillsville, WI 54456
taylor.meyer@co.clark.wi.us

Toll Free: 866/743-5144
Office: 715/743-5288
Fax: 715/743-5240



Aging Mastery Program®

National Council on Aging

www.ncoa.org/AMP

© 2017 National Council on Aging. | All rights reserved.



Aging & Disability Resource Center
of Clark County

Here's something to chew on...

your community meal program is waiting to serve you.



benefits:

- ✓ Save time and money
- ✓ Get healthy food without the effort
- ✓ Learn about good nutrition
- ✓ Do less shopping and cooking
- ✓ Avoid missed meals
- ✓ Support your independence
- ✓ Socialize and have fun



Available to anyone 60+

9 OUT OF 10
would
recommend to
a friend

Signing up is as easy as pie.

ASK US HOW:



Taylor Meyer
Nutrition & Prevention Coordinator
Office: 715-743-5288



To find programs in any community nationwide, use the Eldercare Locator.
eldercare.acl.gov | 1-800-677-1116





FARMERS' MARKET



FARMERS' MARKETS

Neillsville Farmers' Market

Town Square Park
Saturdays 8:00 AM-5:00 PM
June 1-Oct. 24

Owen Farmers' Market

Owen Mill Pond Park
Saturdays 9:00 AM-Noon
Wednesdays 3:00 PM-6:00 PM
June 1-Oct. 28

Medford Farmers' Market Saturday

Taylor County Fairgrounds Hwy 13 & 64
Saturdays 8:00-Noon
June 1-Oct. 24

Medford Farmers' Market Tuesday

Medford City Park Whelen St.
Tuesdays 1:00-5:00 PM
June 1-Oct.27

Stetsonville Farmers' Market

Stetsonville community Center
412 E. Centennial Ave.
Thursdays 2:00-6:00 PM
June 20-Sept. 12

Chippewa Valley Farmers Market

Gordy's Market 212 Bay St.
Sundays 8:00 AM-2:00 PM

Chippewa Falls Main Street Farmers' Market

15 Bridge St. Corner of Bridge and River St.
Thursdays 12:00-6:00 PM
Mid-June-Mid -Oct.

Festival Foods Market Marshfield

Festival Foods Parking Lot
Saturday and Sundays 8:00 AM-1:00 PM
June 1-October 25

FARM STANDS

Panther Creek Produce

W5461 Panther Creek Road Neillsville, WI
Every Friday 9:00 AM-5:00 PM
By appointment June 14-Oct. 30

Martins Produce Stand

W9206 Pine Road, Thorp, WI
Mon. 12:00-6:00PM
Tues-Fri. 8:00AM-8:00 PM
Sat. 8:00 AM-6:00 PM
July 1-Oct. 5

TLC Produce

W6539 Pine Road, Withee, WI
Mon. 1:00-8:00 PM
Tues., Thurs., Sat. 8:00 AM-8:00 PM

Menno and Barbara Zook Farm Stand

N5426 Hwy 73, Neillsville, WI
Monday 11:00 AM-5:00 PM
Wed. 2:00 PM-5:00 PM

Fresh Produce Roadside Stand

W3017 Riplinger Rd. Loyal WI off of Hwy K
Mon. 9:00 AM-7:00 PM
Tues, Wed, Thurs, Fri, Sat. 8:00 AM-7:00 PM

Esther Martin Farm Stand

Miller's Produce 4816 Cemetery Ave.
Abbotsford
Mon.-Fri. 9:00-6:00 PM & Sat. 10-5 PM
June 1-Oct.31

Ridgeview Produce

W1265 Fremont Rd Granton, WI
Mon-Sat. 7 AM-7 PM





FARMERS' MARKET



We still have farmers' market vouchers to distribute, get yours today!

The Senior Farmers' Market Nutrition Program helps seniors to access fresh, nutritious, locally grown fruits, herbs, and vegetables. Clark County households in which the total income is at or below 185% of the federal poverty guideline, and in which an individual age 60 or older or Native American age 55 or older resides are eligible to receive the vouchers. To qualify, your income must be at or below:

Household Size	Monthly Income	Annual Income
1	\$1,968	\$23,606
2	\$2,658	\$31,894
3	\$3,349	\$40,182

How can you receive your vouchers while maintaining physical distancing?

- Call our ADRC department at 715-743-5166 to schedule an appointment to come in or we can setup curbside pickup
- Mail directly to your home
- Stop by your local senior center

When you apply, you will receive a list of Farmers' Markets and Farm Stands in Clark County and the surrounding areas as well as nutrition education materials.

We need your cooperation to facilitate a smooth distribution of vouchers.





What's on Your Table

Tomato, Onion, and Cucumber Salad

Ingredients

5 medium plum tomatoes, halved lengthwise, seeded, and thinly sliced
1/4 red onion, peeled, halved lengthwise, and thinly sliced
1 Kirby cucumber, halved lengthwise and thinly sliced
A generous drizzle of extra-virgin olive oil, about 2 tablespoons
2 splashes red wine vinegar
Coarse salt and black pepper

Directions

1. Dress the tomatoes, onions, and cucumber with olive oil, red wine vinegar, salt, and pepper.
2. Let stand while you prepare dinner, about 20 minutes. Re-toss and serve salad with crusty bread for mopping up juices and oil.

Recipe Contest

Send in your favorite recipe to the ADRC office for a chance to have your recipe published in the next newsletter.

The chosen recipe will be featured in the next newsletter and a gift from us will be sent to the winner!

Be sure to include your name, address and if you would like your name attached to the recipe in the newsletter.

Aging and Disability Resource Center

517 Court Street Room 201

Neillsville, WI 54456

Attn: Amanda



Call us for a Home Delivered Meal

If this is your **1st time** please call 715-743-5144 to complete an intake form.

Please call 24 hours in advance to reserve or cancel a meal

Colby Nutrition Center

310 Lieders St.
Colby, WI 54421
(715)-223-4195

Greenwood Nutrition Center

312 N. Reese St.
Greenwood, WI 54437
(866)-743-5144

Owen Nutrition Center

112 E. 5TH St.
Owen, WI 54460
(715)-229-4567

Loyal Nutrition Center

500 N. Division St.
Loyal, WI 54446
(866)-743-5144

Neillsville Nutrition Center

602 Oak St.
Neillsville, WI 54456
(715)-743-3177

Thorp Nutrition Center

116 N. Washington St.
Thorp, WI 54771
(715)-669-5566



Suggested Meal Donation \$4.00



COUNTY FAIR

R	O	L	L	E	R	C	O	A	S	T	E	R	O	A
P	E	T	T	I	N	G	Z	O	O	Y	G	N	J	G
Y	R	T	L	U	O	P	L	K	D	K	A	K	L	R
M	I	D	W	A	Y	A	I	N	C	F	T	E	G	I
C	Q	I	Q	W	V	D	A	O	O	L	S	B	P	C
M	K	K	P	I	D	C	T	E	E	U	C	L	I	U
A	I	V	N	Y	N	S	U	E	O	D	I	U	E	L
E	W	R	R	O	E	C	H	R	G	S	S	E	T	T
R	A	I	T	V	E	W	A	C	D	M	U	R	A	U
C	D	T	I	B	S	C	I	L	U	F	M	I	S	R
E	O	L	R	I	H	W	A	T	L	I	T	B	T	E
C	N	A	R	I	N	G	T	O	S	S	M	B	I	N
I	B	R	Y	A	D	D	L	E	I	F	C	O	N	I
S	E	S	R	O	H	Q	U	I	L	T	I	N	G	Z
F	I	R	E	W	O	R	K	S	R	E	K	R	A	B

WORD LIST

AGRICULTURE
BARBECUE
BARKERS
BLUE RIBBON
CARNIVAL
CAROUSEL

COTTON CANDY
FERRIS WHEEL
FIELD DAY
FIREWORKS
HORSES
ICE CREAM

KIDDY RIDE
LIVESTOCK
MIDWAY
MUSIC STAGE
PETTING ZOO
PIE TASTING

POULTRY
QUILTING
RING TOSS
ROLLER COASTER
STAGE
TILT-A-WHIRL



ADRC Newsletter Online:

<http://www.co.clark.wi.us/index.aspx?NID=767>

ADRC Director

Lynne McDonald

ADRC Financial Manager

Lynn Crothers

ADRC Program Assistant

Amanda Erickson

Nutrition & Prevention

Coordinator

Taylor Meyer

Elder Benefit Specialist

Terri Esselman

Disability Benefit Specialist

Julie Milz

I&A Specialist

Barb Freagon

I&A Specialist

Tara Halopka

ADRC Toll Free Line

1-866-743-5144

ADRC Local Number

715-743-5166

ADRC Fax Number

715-743-5240

ADRC Email Address

clarkadrc@co.clark.wi.us

Mailing Address

ADRC of Clark County

517 Court Street Room
201 Neillsville, WI 54456